




 **91%**
HEALTH SCORE

New York Strip Steak with Tri-Berry Relish, Crispy Onion Strings and Baked Macaroni and Cheese with Prosciutto and Truffle Oil


 Very Healthy

READY IN




53 min.

SERVINGS



2

CALORIES



5424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pint blackberries fresh
- 1 pint blueberries fresh
- 2 servings canola oil for frying
- 2 tablespoons canola oil
- 1 pound elbow macaroni
- 2 servings flour all-purpose for dredging

- 1 tablespoon parsley leaves fresh chopped
- 1 quart heavy whipping cream
- 2 servings milk for coating
- 5 ounces pancetta thinly sliced roughly chopped
- 0.5 cup red wine
- 2 servings salt and pepper black freshly ground
- 2 shallots thinly sliced
- 1 pound cheddar cheese shredded for the topping
- 1 pound mozzarella cheese shredded for the topping
- 1 pint strawberries fresh hulled sliced in half
- 7 ounce new york strip steak
- 2 servings truffle oil white for drizzling
- 1 onion yellow halved thinly sliced

Equipment

- bowl
- frying pan
- sauce pan
- oven
- pot
- baking pan

Directions

- Preheat the oven to 350 degrees F.
- Heat a cast iron skillet over high heat so pan gets really hot. Season the steak with salt, pepper, and chopped parsley.
- Add the oil to the pan. Sear the steak on both sides, until well-browned and crisp, about 4 minutes per side.
- Place the pan in the oven and cook for 10 minutes, or until medium-rare.

- Remove the steak from the pan and rest before serving. In the steak pan, over medium heat, add the red wine and deglaze the pan, scraping up any brown bits from the steak.
- Add the sliced shallots, blueberries, blackberries, and sliced strawberries. Cook the relish for 10 minutes, or until the fruit has softened, but still holds its shape.
- Top the steak with the Tri-Berry relish and Crispy Onion Strings and serve.
- In a deep saute pan, over medium-high heat, heat 1-inch of oil until it reaches 350 degrees F.
- Pour the milk into a shallow bowl. In a separate shallow bowl or pan, add the flour. Coat the onion slices in milk and then toss the onions in the flour until fully coated. Shake off the excess flour and carefully deep fry the onions until golden brown.
- Preheat the oven to 350 degrees F.
- In a large pot, cook the macaroni according to package directions for al dente.
- Drain the macaroni and pour the macaroni back into the hot pot.
- In a saucepan over medium heat, combine the heavy whipping cream, shredded Cheddar and mozzarella cheese. Stir until the mixture is melted and smooth.
- Pour the cheese sauce over the strained macaroni and mix well. Then pour the noodles into a baking dish and add the chopped prosciutto and mix well.
- Sprinkle the reserved shredded cheese on top.
- Bake in a preheated oven until browned on top, about 35 minutes.
- Remove the macaroni and cheese from the oven and drizzle with white truffle oil.

Nutrition Facts

 **PROTEIN 14.14%**  **FAT 63.97%**  **CARBS 21.89%**

Properties

Glycemic Index:204, Glycemic Load:33.1, Inflammation Score:-10, Nutrition Score:88.067825980808%

Flavonoids

Cyanidin: 260.57mg, Cyanidin: 260.57mg, Cyanidin: 260.57mg, Cyanidin: 260.57mg Petunidin: 76.04mg, Petunidin: 76.04mg, Petunidin: 76.04mg, Petunidin: 76.04mg Delphinidin: 85.76mg, Delphinidin: 85.76mg, Delphinidin: 85.76mg, Delphinidin: 85.76mg Malvidin: 168.24mg, Malvidin: 168.24mg, Malvidin: 168.24mg, Malvidin: 168.24mg Pelargonidin: 59.86mg, Pelargonidin: 59.86mg, Pelargonidin: 59.86mg, Pelargonidin: 59.86mg Peonidin: 49.37mg, Peonidin: 49.37mg, Peonidin: 49.37mg, Peonidin: 49.37mg Catechin: 111.84mg, Catechin: 111.84mg, Catechin: 111.84mg, Catechin: 111.84mg Epigallocatechin: 3.68mg, Epigallocatechin: 3.68mg, Epigallocatechin: 3.68mg, Epigallocatechin: 3.68mg

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Nutrients (% of daily need)

Calories: 5423.97kcal (271.2%), Fat: 386.52g (594.65%), Saturated Fat: 206.16g (1288.5%), Carbohydrates: 297.62g (99.21%), Net Carbohydrates: 265.38g (96.5%), Sugar: 86.08g (95.65%), Cholesterol: 1096.09mg (365.36%), Sodium: 3676.39mg (159.84%), Alcohol: 6.36g (100%), Alcohol %: 0.33% (100%), Protein: 192.26g (384.51%), Selenium: 307.84µg (439.77%), Calcium: 3587.01mg (358.7%), Phosphorus: 3272.09mg (327.21%), Manganese: 5.73mg (286.42%), Vitamin C: 223.32mg (270.69%), Vitamin A: 12017.61IU (240.35%), Vitamin B2: 3.46mg (203.6%), Vitamin B12: 10.98µg (182.94%), Zinc: 26.86mg (179.04%), Vitamin K: 180.01µg (171.44%), Fiber: 32.24g (128.94%), Vitamin E: 17.34mg (115.59%), Magnesium: 431.58mg (107.9%), Vitamin B6: 2.13mg (106.35%), Potassium: 3307.17mg (94.49%), Vitamin B3: 17.23mg (86.14%), Vitamin D: 12.81µg (85.38%), Copper: 1.61mg (80.69%), Vitamin B1: 1.13mg (75.59%), Folate: 300.62µg (75.16%), Vitamin B5: 6.76mg (67.65%), Iron: 10.88mg (60.46%)